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Advanced techniques in women's field hockey with emphasis on teaching aids

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College of the Pacific
Stockton, Calif.

ADVANCED TECHNIQUES IN WOMEN'S FIELD HOCKEY
" **WITH EMPHASIS ON TEACHING AIDS**

A Thesis
Submitted to
the Faculty of the Department of Physical Education
The College of the Pacific

In Partial Fullfillment
of the Requirements for the Degree
Master of Arts

By
Louise
Harriet Sheldon
"
March, 1950

The writer wishes to thank Miss Elizabeth Matson and Mrs. Irene Constantino for their generous and kindly interest in the completion of this thesis. Their thoughtful suggestions and helpful criticisms are gratefully acknowledged.

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TABLE OF CONTENTS

CHAPTER	PAGE
I. DEFINITION OF THE PROBLEM	1
Need for the study	3
Review of literature	4
Pertinent questions that could be answered . . .	6
Definitions posed in question form	8
II. ADVANCED TEAM TACTICS--STRATEGY AND	
INDIVIDUAL TECHNIQUES	12
Positioning	12
Goalkeeping	17
Anticipation	22
Advanced team tactics--strategy and	
individual techniques	24
Defense Work	26
Individual Tactics	27
Attack	30
III. METHODS OF PRESENTATION	35
Indoor drills for advanced stickwork	35
Outdoor drills for advanced stickwork	42
IV. SUMMARY	48
Recommendations	50
BIBLIOGRAPHY	52
APPENDIX	55

LIST OF FIGURES

FIGURE	PAGE
1. Marking in or near circle	14
2. Covering by defense	15
3. When fullback is passed	16
4. When covering back tackles too soon	16
5. Left halfback passed	16
6. Center forward approaches goal	20
7. Right inner approaches goal	21
8. Left inner approaches goal	21
9. Right wing approaches goal	21
10. Left wing approaches goal	22
11. Covering by fullbacks (center half used as pivot) .	27
12. Covering by fullbacks (center half used as pivot) .	27
13. Right half roll in	39
14. Halfback roll-in to fullback	39
15. Roll in	40
16. Roll in to fullback to right halfback to right inner	40
17. Roll in to right wing	40
18. Bully	41
19. Bully	41
20. Bully	41
21. Bully	41

FIGURE	PAGE
22. Flick	42
23. Dribble and Flick	42
24. Scoop--Push Pass	43
25. Scoop	43
26. Scoop	43
27. Pass to right	44
28. Receiving from right passing to right	44
29. Dribble and drive right off left foot	45
30. Dodge to right	45
31. Dodge to left	46
32. Dodge to left against opposition	46
33. Drive-Dodge-Tackle	47
34. Dodge left and drive right	47

"Recreation is as necessary as Labour or Food.--
For you must never think them children set right till
they can find Delight in the Practice of laudable
things; and the useful exercises of the Body and Mind,
taking their Turns, make their Lives and Improvement
pleasant in a continu'd Train of Recreations, wherein
the weary'd part is constantly reliev'd and refresh'd."--

John Locke

CHAPTER I

DEFINITION OF THE PROBLEM

Hockey was a crude form of stick-game played by the ancient Persians, from whom it was acquired by the Greeks, who in turn passed it on to the Romans.¹ A discovery made in Athens in 1922 gave reason to believe that a form of stick-game came from the east. This was a bas-relief found on the wall, which depicts six youths taking part in a game resembling hockey, and shows what is termed a "bully" in the modern game, but with the hooked sticks pointed downward instead of upward. Traces of a sort of stick-game have also been found in America, as played by the Aztec Indians, and there is evidence to show that probably most, if not all, of the Indian tribes in America have played a rough sort of stick-game for some thousand years. But neither of these seem to have born more than a general resemblance to modern hockey.

About 1875 a game resembling modern hockey began to be played. No goal could be made if hit from a distance of more than fifteen yards from the nearest goal post, but at that time the importance of marking off a definite circle was not realized. The Wimbledon Club in 1883 made great

¹ E. A. C. Thomson, Hockey, Historical and Practical
p. 1.

changes in hockey. They used a string ball and light ash sticks. The game spread through England. The formation of the Hockey Association and the adoption of a striking circle was the real birthday of modern hockey. Hockey games were being played all over England and in 1890 the first divisional match was played. At the same time there was trouble over the question of "cup ties" and the understanding was that they abolish all cups or prizes in competition. Consequently hockey is one of the few games into which no trace of professionalism has entered. In 1895, the first international match was played between England and Ireland resulting in England's favor, five to nothing. About 1900 the need was realized of having an international committee to frame and amend the rules of the game, and the governing bodies of Ireland and Wales were each asked to send two representatives to meet the three from the Hockey Association. Later this body was called the International Hockey Board.

At the present time many hockey teams tour abroad during the various holidays. Hockey is being played more and more in the other countries of the world but no country in the world has so extensively played it as in India. It is computed that there are about three thousand teams.

It was through the efforts of Constance M. K. Applebee that the game of field hockey has developed and spread in the United States. In 1901, Miss Applebee, then a member

of the British College of Physical Education, gave demonstrations and instruction in field hockey.

In 1902 a group of women, who had learned to play hockey, introduced the game in Philadelphia, and enthusiasm was so great that by 1904 four clubs had been formed in that city. Field Hockey spread rapidly in the East with the formation of the Philadelphia Hockey League in 1907. Later, under the direction of Miss Applebee, a group of Philadelphia players went to England for match games.

In 1922 the United States Field Hockey Association was formed and since then field hockey has developed rapidly and soundly. Under the auspices of the U.S.F.H.A. there are interclub, intercity, sectional, national, and international tournaments held annually. There are umpiring conferences for improving the standards of officiating; there are clinics of allied sports days for the college and high school students stimulating interest and improving technique and understanding of the game; technical material is available to members and non-members of the association.

Hockey has kept abreast of the times in its rules and equipment. Its popularity is increasing because of the challenge it offers to players and coaches.

Need for the study. The teaching of organized physical education for girls in our schools is rather new in comparison to the number of years schools have existed. In

some states physical education is not part of the curriculum but in others, such as California, it is required by law. When one realizes that physical education in the schools is in its infancy one becomes aware of the fact that source materials must therefore be inadequate. Hockey, although an ancient sport, is one of the comparatively newest field sports in the curriculum of the physical education program in the United States. As a result there is still a dearth of printed information available for the teacher. The lack of adequate source materials is felt especially by those who teach the advanced students of hockey. It may be assumed then, that there is a great need today for printed matter which could be used as source materials by the many teachers of hockey.

Review of literature. In the search for information on advanced techniques and team tactics in field hockey, there is limited research available. Most of this material is over ten years old and many of the techniques have changed since their publication. There is a great demand and need for more current publications on all phases of field hockey for women.

Hazel Cubberley² and Hilda Burr³ in their books on

² Hazel Cubberley, Field Hockey Analyzed for Instructors and Players, New York: A. S. Barnes and Company, 1928. ³ Hilda Burr, Field Hockey for Coaches and Players. New York: A. S. Barnes and Company, 1939.

field hockey have presented hockey techniques and team tactics for the beginning and intermediate players. These skills and techniques have changed a great deal in their execution since the publication of their books which makes the books of little value.

Josephine Lee⁴, in a more recent publication, has presented an advanced approach to the game of field hockey. She has used charts and diagrams as a means to help individual play in its relation to team play. Advanced players can gain a great deal by referring to positioning and team plays which are presented in her book. Material is included concerning the selection of equipment, the techniques of strokes, the individual and team tactics, and officiating.

The rule book for field hockey is the Official Field Hockey Guide published and revised yearly by the United States Field Hockey Association. Reports from local associations on tournaments, clinics, news items and teaching suggestions are included.

The Eagle, a magazine published by the United States Field Hockey Association, presents many helpful articles on offense and defense tactics, care of equipment, and how to lay out and mark a hockey field. It also serves to contact

⁴ Josephine Lee, Field Hockey for Girls, New York: A. S. Barnes, 1942.

local members and associations making announcements on tournament schedules of local, national, and international teams.

Pertinent questions that could be answered. The search for knowledge has ever been an incentive for research and improvement in our culture. As hockey players have become more proficient in their sport they have been seeking new techniques and types of skill practice which would improve their game. Also the teacher has needed teaching methods and aids to enable her to give her students the very best preparation possible and at the same time to make the learning situation a pleasant experience for them.

One must keep in mind that if hockey is included in the curriculum of a high school it would then be compulsory for all girls in certain grades. This would necessarily mean that there would be those who would show little or no interest in hockey and it would then fall upon the instructor to motivate the student's interest and enthusiasm by use of a variety of teaching aids and techniques. As a further means the college student who is preparing herself for the teaching of physical education should become interested in organized hockey clubs which play in tournaments throughout the state. She also needs new advanced techniques to enable her to compete with her opponents.

It is the purpose of the instructors or teachers to familiarize their students with the highly skilled game of hockey so that their interest will be in direct proportion to their constant gain of knowledge in skills and techniques. The techniques and teaching aids must be functional, and at the same time interesting to the learner.

It is the aim and purpose of this paper to set up certain techniques and teaching aids for the advanced players, both in high schools and colleges.

The general aims and purposes for this study are as follows:

1. To help teachers and pupils to play a more skilled game of hockey by use of new advanced techniques.
2. To make the game increasingly enjoyable to players by enabling them to play a more highly skilled game through practice on a more advanced level.
3. To foster a greater appreciation and interest of hockey through spectator participation in a more highly skilled game.
4. To develop an interest on the part of students so that they may desire to carry on their participation after graduation by entering into club play.

5. To present teaching aids and techniques by which the afore mentioned aims and purposes may be achieved.

Definitions posed in question form.

1. Positioning

- a. How can the goalkeeper help her team in a more efficient manner?
- b. When should the halfbacks help the attack?
- c. When should the halfbacks help the defense?
- d. What is the best positioning for the forwards on the attack?
- e. What is the best positioning for the defense to take against the attacking forwards in the striking circle?
- f. When is interchanging of position most effective for forwards?
- g. When is interchanging of positions most effective for the defense?
- h. When should the covering fullback go in to tackle the forwards?
- i. As the wing nears the twenty-five yard line when should she pass the ball to

her inner or center forward for the best attempt for a goal?

- j. What is the best positioning of the forwards in order to prevent being offside?

2. Anticipating

- a. How can one develop the ability to anticipate the opponents next move?
- b. How can a forward make her attack more effective?
- c. How can a defense make her interception more effective?
- d. What is the advantage of being able to anticipate?

3. Goalkeeping

- a. What are the techniques a goalkeeper must have?
- b. How can these techniques be developed more fully?
- c. Where should the player's weight be carried?
- d. Why is weight distribution important?
- e. When should the goalkeeper be aggressive?
- f. What position should the goalkeeper take in relation to the ball?

- g. How should one tackle inside the circle?
- h. How should one tackle outside the circle?
- i. In what position should the goalkeeper be in relation to the attacking forwards?
- j. How can the goalkeeper cooperate with her own defense players?
- k. When is it advisable for the goalkeeper to let the ball go over the end line?

4. Defense

- a. What is meant by tactics?
- b. How can tactics be applied to hockey?
- c. What are the essential skills for good defense?
- d. What are the essential skills for good teamwork?
- e. What are good individual tactics?
- f. How can free hits be taken more effectively?
- g. How can roll-ins be taken more effectively?

5. Attack

- a. How can the forwards vary their attack?

- b. What must the forwards do to make an effective attack?
- c. What stick work should a forward have at her command to make an effective attack?
- d. When should a forward player making an attack rely on her teammates for support?
- e. Which forwards lead the attack?
- f. What positioning should the forwards take when they are in the striking circle?
- g. What plays are possible when the wing has the ball near the end line?
- h. When shooting for goals, what do the forwards need to remember?

CHAPTER II

ADVANCED TEAM TACTICS

STRATEGY AND INDIVIDUAL TECHNIQUES

Positioning. A player who positions herself knows where to be at the right time. To be in the right place at the right time each player must anticipate and be ready for a number of different situations which might arise. By anticipating the play of the opponents and moving into a position to break up the play you can turn it into an advantage to your team.

The wing's starting point is the sidelines. She should be ready to come in to take a poor pass and then pass it immediately to her inner. If the wings keep out to the sidelines they keep the opposing halves out, leaving large spaces for their teammates to send passes. The right wing, especially, should pass early, at least by the time she reaches the twenty-five yard line, to keep the defense in an awkward position for tackling.

Positioning of the forwards who are likely to receive the pass, is extremely important if goals are to be made. The forward can indicate by their standing or waiting position where she wants the ball sent. If the pass goes behind her, it is best left for another player. Always face towards the goal and then go after the ball. Always receive

the ball running, after indicating the direction you want the pass.

When the forwards are in front of the goal there is a tendency to crowd together. When this happens one defense player is able to mark three forwards. Therefore, it is essential that the forwards spread out so that it would take three different defense players to mark the three center forwards. It is also important that the forwards drive hard for the goal and then rush the ball to make the follow-up shot in case a goal is not made on the first shot. If the defense is able to clear the ball away from the goal the forwards need to get back so as not to be off-side. As the forwards move back onside they should spread out again to leave spaces, so that they will then have room to do something with the ball when they get it again. When the forwards are this close to the goal they should take a short back swing or a flick when making a shot for goal. The sooner they can get the ball moving towards the goal the more chance they have of scoring. If the ball is bouncing it is essential to control the ball and then play the ball fast.

While the attacking forwards are positioning themselves to their best advantage, the opponent's defense should also be positioning themselves to break up plays which the forwards might try. In the striking circle, the

defense should mark their opponents and keep very close to them. Mark at the edge of the circle particularly staying on the stick side of your opponent and be sure you are not blocking the view of your goalie.

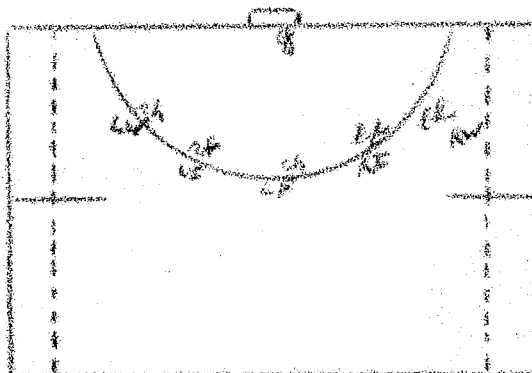


FIGURE 1

MARKING IN OR NEAR CIRCLE

Each defensive player is responsible for a definite forward line player on the opposing team. When a player is close to an opponent, she is marking. "Marking" means staying close enough to a forward to intercept a pass to her or to be able to tackle immediately after she gains possession of the ball. Inside the striking circle good positioning calls for close marking on the part of the defense players. Defense players always mark in the circle and never cover.

Covering, which means keeping track of the opponent, is another duty of the defense players. Covering adds strength to the defense positioning. The covering backs are in a position to block various angles of passing which might

otherwise be open to the attacking team. In this position a quick interchange of position can take place if necessary. When the offensive left inner has the ball the opposing right fullback should go in to tackle while the left fullback moves to the center of the field and towards her own goal, thereby being ready for any through passes. The backs should never be square or parallel to each other.

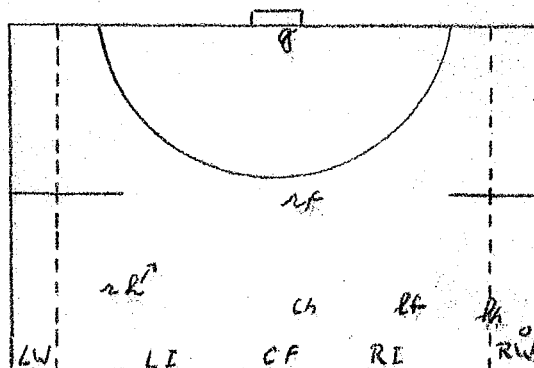


FIGURE 2

COVERING BY DEFENSE

If the right fullback is passed by the opposing left inner, the covering back does not tackle immediately, but waits until her own center half has recovered and returns to a position to aid her. Defense should be careful not to tackle too soon, but hold back long enough to give their own players a chance to maneuver into covering position and then make the tackle fast and accurate.

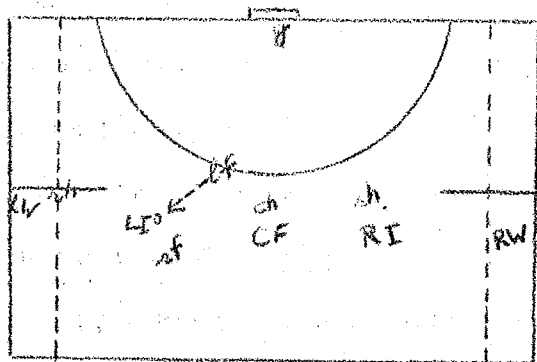


FIGURE 3

WHEN RIGHT FULLBACK
IS PASSED

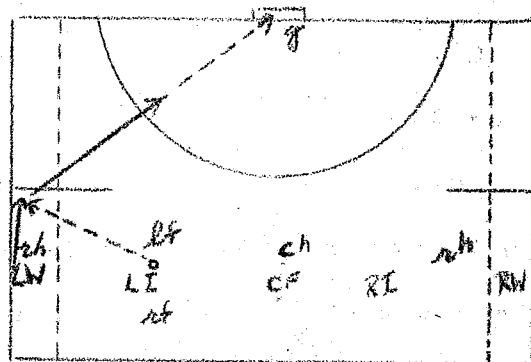


FIGURE 4

WHEN COVERING BACK
TACKLES TOO SOON

When the right halfback has been passed by the opposing left wing, the right fullback may go out and tackle the left wing, if the center half has come in to mark the opposing left inner, and the left fullback is in a covering position. If the center halfback is not in position to mark the opposing inner, the right fullback should not go out to tackle the wing.

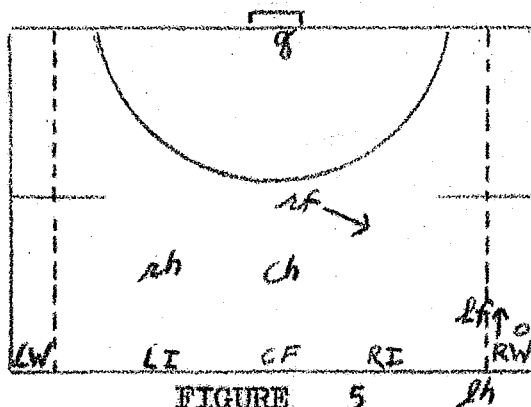


FIGURE 5

LEFT HALFBACK PASSED

Goalkeeping. Every position on the field is equally important but the goalkeeper is the "last hope" of defense to prevent a goal from being scored. "Your object is to keep the ball from going over the line between the goalposts."⁵ To do this the goalkeeper can use her feet and legs for this purpose, therefore her equipment is most important. It is necessary for the equipment to be comfortable and not too large. She should be able to run, jump, and hop in them, not just waddle about as so many goalkeepers seem to do. Speed and nimbleness of movement must be her aim. The goalie should be able to "feel" the ball a little if she is to control it.

In order to be able to control the ball and place it without thinking how to do it, the goalkeeper needs individual work. Some of this practice should not be between the goal posts. Much can be learned in practicing with a soft ball and soft shoes. While doing this she can learn to dodge by tapping the ball from side to side. Goalkeepers should be able to run with it first at her toes. Then when she can do this well, start dribbling a few feet and kick hard in one direction and so on until she can dribble and kick quickly to either side. She should then place the ball about two yards in front of her, step forward and kick it hard.

5 Playing Hockey, Team of Internationals, p. 5.

Another good way to practice is to kick the ball hard against a wall, stop it, and kick it back as it rebounds each time.

Just before a game, someone should lightly drive a few balls to the goalie. She should stop and control the ball, and kick it away at once. She should practice stopping and kicking without pausing. Next, someone should scoop or throw the ball so it can be caught, dropped straight to the ground, and kicked away immediately. It should be kicked to the sides or into spaces.

It is important to remember always that the weight should be kept forward, with the ball underneath the face.⁶ In order to kick well and keep one's balance, the goalkeeper should lean forward with the knees slightly bent at all times. Many goalkeepers miss the ball when kicking because they are standing up straight and the action of kicking then tips them backward, this causes the ball to be lifted into the air or to be missed entirely.

The chief asset of keeping the weight well forward, slightly crouching, is to cause the ball, when it hits the bent legs, to drop perpendicularly, then it can be swept aside with a mighty kick.

⁶ Ibid., p. 5.

When running out to meet the ball the goalie should kick with the toe and keep the weight well forward, then the ball will not go out of control. All kicks should be a downward sweeping stamp at the ball rather than a wild kick of the foot.

It is the duty of the goalkeeper to guard the goal, never leaving the goal unless absolutely necessary, or she may be in the way of her backs by leaving goal. If the forward line passes the defense the ball must be kicked away quickly. She should watch the ball every second and line herself up behind the ball. If the goalie does have to tackle a forward who has broken through, she should run fast to meet her and tackle with the feet. If outside the circle use the stick. The goalie is the one who must judge the right moment to tackle but know your pace and be decisive about your moves.

Positioning for the goalie, as well as all players, is most important and can mean the difference between winning or losing the game. The goalie should always face the person shooting and work in a small semi-circle. It is essential to cover the corner of the goal nearest to the ball. By having her stick in her right hand the goalie can cover the whole area between the goal posts. She should always stand in front of the goal line but be sure that she knows where she is in relation to it. It is very important

that she keep her eye on the ball, but train herself to locate at a glance an unguarded forward who might receive a pass and then be ready to dash out and clear the ball before she can get her stick on it. For good defense the goalkeeper needs to work with the fullbacks but not let them obstruct her view.

Too many goalies play a ball that ordinarily would call for a twenty-five yard line bully. She should always be alert, knowing instantly whether to play the ball or let it go over the end line for the advantage in play.

If the goalkeeper continually analyzes her game, tries out new suggestions, and acquires a general knowledge of the game, she will find the following diagrams helpful in judging and anticipating shots that come from various angles.

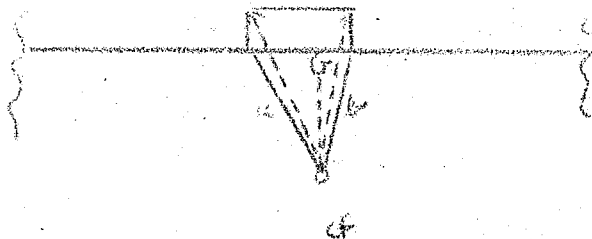


FIGURE 6

Center forward approaches goal in the center of the circle, she may shoot to either corner. Goalie stands nearer the left side of the goal, because she will have less space to cover on her non-stick side. Goalie uses her legs (feet) or stick on "a"; uses legs or left foot alone on "b".

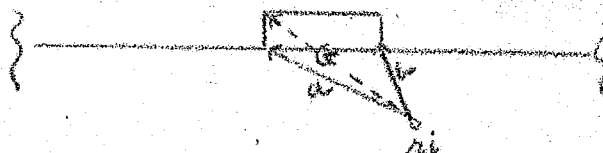


FIGURE 7

Right inner approaches goal on her left; she may drive to either corner. Goalie uses her legs (feet) or stick on "a"; uses both legs or left foot alone on "b". She keeps her weight on the right foot.

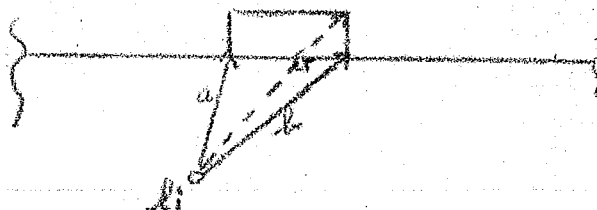


FIGURE 8

Left inner approaches goal on her right; she may shoot to either corner. Goalie uses her legs or stick on "a"; uses both legs or left foot alone on "b".



FIGURE 9

Right wing approaches goal on the left side; she may drive to either corner. Goalie stands close to the nearest post. If the angle is very acute, goalie keeps her left leg

pad next to the post. Goalie uses her stick or feet on "a"; uses both feet on "b".



FIGURE 10

Left wing approaches goal on her right; she may drive to either corner, goalie stands close to the nearest goal post. If the angle is very acute goalie keeps her right leg pad next to the post. Goalie uses legs and stick on "a"; uses both legs or left foot on "b". Goalie may have to rely on her stick alone if she cannot get to the spot in time.⁷

Anticipation. "Anticipation is the art of judging correctly what an opponent will do next."⁸ While some people are fortunate enough to have a sense of anticipation, others have to acquire it through careful study of the game and through experience. No one can become an outstanding player unless she has the ability to anticipate what the opponents will do next. This enables one to do the right thing at the right time and often saves much running. Therefore it is important to keep on the move, not be caught out

⁷ Josephine Lee, Field Hockey for Girls, p. 75.

⁸ Playing Hockey, Team of Internationals, p. 10.

of position, to concentrate and keep the ball on the right side by good footwork and stickwork.

To illustrate, a left inner stands offside because she knows or anticipates that she will receive a hard diagonal pass from the right, and she cannot control it unless she is slightly ahead of the ball when it reaches her. If she stays onside and moves the second the ball is hit, running into position to receive the ball, she will have deceived the opponent marking her. In this case no foul will have been committed and she will have succeeded in outwitting her opponent.

Anticipation in the circle is also essential. It is important that the center and two inner forwards follow up a drive for a goal. Each should start the moment she sees one of her own players take a shot for the goal, not waiting until it reaches the goalkeeper. This occasionally may catch a teammate offside but it is better than not having started at all and losing the opportunity to score altogether.

One of the most difficult times to anticipate correctly is when the forwards are moving up in a straight line, when the right inner has the ball and the left inner has to keep behind it or be offside. She knows that at any moment the ball may be passed across to her and it will be difficult to field unless she is slightly in advance. That

is the time when anticipation and footwork are so essential. If a pass from the right inner is anticipated one should be alert and ready to rush forward to receive the pass and know where the opposing defense players will be in order to know where to pass the ball.

Too many times the left wing remains stationary behind her opposing right half and still she expects the passes to reach her. If a wing is well marked she must move and keep on moving. She must anticipate where her left half would like to send the ball and try and make a space by moving back, or in, or out, thus drawing her opponent with her. She should go back to meet the ball so that, at any rate, she has an equal chance with the opposing right half of getting it. If her left inner has the ball, she should look and see where she wants to hit it and be at the other end of the line ready to receive the ball. When any member of her team has the ball she must watch the angle she is going to hit the ball and then move.

Advanced team tactics--strategy and individual techniques. Tactics means the planning of attack and defense against the particular team to be played. One must remember the kind of team one has and the kind of a team to be played against. Many times by planning and thinking over these points one will be able to break up the opponent's

attack before it gets under way.⁹

When there is a new member playing who has not played too often with the team, be sure to give her encouragement before the game starts. This will give her confidence in herself and in the team. Often this saves many an error as a result of uneasiness and pregame nerves. The whole team needs to warm up before the game, hitting easy drives that can be stopped. This limbers up muscles and gives the players the needed confidence they should have to go into the game and win it.

Each team should have a captain. This person need not be the best player on the team, but generally this is good because such a player usually knows more about the game. As captain she needs a loud voice, she should be friendly to keep up a good spirit, she must be the leader, and she must be a firm person who can control the team. The captain is the one to officially thank the umpires and the opposing captain after the game. During the half, she should talk and encourage her team. When the game is over she should talk to the players again and tell them where they made their mistakes, but send them off with an encouraging remark or a joke.

⁹ Jane Warwich, Coach and Manager of English Touring Team 1947, Instructor and Consultant Hockey Camp 1949.

The team needs to work together as a unit. This means that a good player can help a poorer player by making the shots to her in place and a little easier. The less skilled players need to be placed in positions on the team to prevent any great weakness on any one side of the field. Once the opponents discover that one side of the field is weak they will play that side exclusively and the final result of the game will be against the team.

To develop a strong team it is very important for each player to develop good footwork. Without this essential technique, teamwork and individual skills are not developed to their fullest extent and the team will suffer. Much time and practice should be given to this point, as only through continual work and drill can this technique be developed. Once smooth footwork has been developed, the opposing team cannot tell until the last moment in which direction the ball will be sent. Also remember that it does not matter who makes the goal just so the team gets the point. The aim of the forwards should be the goal and if a forward doesn't like to shoot for goals she shouldn't be on the forward line.

1. Defense Work. It is all important that there be close cooperation between every member of the backfield. The center half should be the pivot point around which the rest of the backfield works. She is the player who can most

easily distribute the play on the field. By spotting the opponents weaknesses she can play the ball to those spots. If the center halfback wanders out of position she will throw off the defense of her backfield. This cooperative, diagonal formation, necessitates intelligent teamwork and constant readjustment of positions by every member of the defense. See Figure 11 and Figure 12.

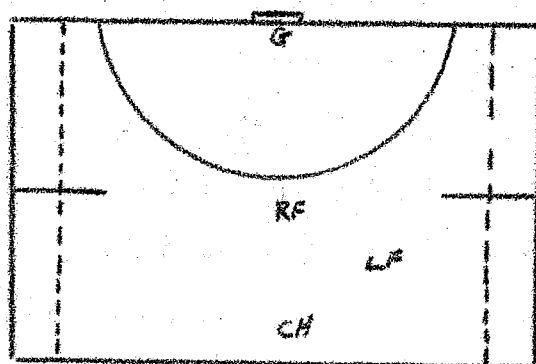


FIGURE 11

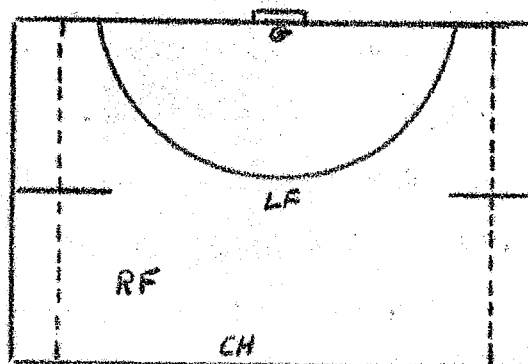


FIGURE 12

It is very necessary for close cooperation between the right halfback and the right fullback, the left halfback and the left fullback, so that each player knows when she should go in and tackle, interchange, and back up and cover. It is very important that halves and fulls never block the view of the goalkeeper. Let her have all the balls she can.

2. Individual Tactics. During the first ten minutes of the game the opponents should be watched very carefully to pick out their weaknesses. As soon as weaknesses are spotted advantage should be taken of them. They should not be played exclusively, however, but used to advantage.

The defense needs to be cunning, disclosing at the last possible moment what is intended. The defense should constantly watch the opposing forwards, checking for offside, and whenever possible, a fullback can often put one of the opposing forwards off side. Just before the ball is hit the fullback steps forward, leaving only the other fullback and goalie between the forward and the goal. This move can prevent the forwards from taking an advantage by positioning themselves ahead of the ball while waiting for a long through pass. While watching for this off side play also see if the inner is good or poor; to whom the opponents concentrate on sending balls. Notice whether the forwards are faster than you are and make an attempt to recognize your opponents by their legs. By doing this, time will be saved and there will be less likelihood of losing the ball while taking time to look up to locate your opponents. The goalie should watch the forwards to see which one shoots more often. By noting these facts about the other team, the backfield can often turn their defense into an offensive play.

The center halfback should note whether the opposing center forward keeps her place in the center of the field or not, and whether she keeps on the move. This will help locate the center forward when the center half is supporting her own forward line. Occasionally the center half will have to risk leaving the opposing center forward. However,

if the ball passes the halfback she will know what to expect, and will lose no time in getting back to her center forward to break up the play. At the same time the left and right halves should note whether the opposing right and left forwards come in towards the center of the field or if they stay out in the alley or on the sidelines. This will determine their positioning and plan of defense.

Defense players should mark closely in the circle. When corner hits are taken the defense should rush out quickly to mark her attacker. This can be done by keeping the weight on the rear foot, looking behind own players and as the wing swings at the ball, push off, timing the move to get across the goal line as the ball is hit. This defense play necessitates a good plan of attack. It is important to vary the side of the field from which they are taken. If it is a penalty corner, be sure the ball is placed ten yards from the goal and not twelve or thirteen yards from the goal. The closer to the goal, the greater the advantage. Full advantage should be taken of these penalty corners. The attacking forwards should be spread out around the circle and each player should know ahead of time which corner hit is going to be made. One time the ball will be sent to the inner, the next time the center halfback will stop the ball with her hand for the center forward to drive for a goal, the next time the center forward may receive it directly to

attempt the goal. This system will keep the opponents guessing where the ball will be next. If the attacking team takes full advantage of the corner penalties they should score on at least two out of the three corners taken.

Too often full advantage of a free hit is lost because too much time is consumed in taking the free hit. Often forwards do not position themselves properly on the field to make the openings necessary for a successful pass. Offensively the forwards should spread out to make spaces into which the ball can be sent.

3. Attack. Without a good attacking forward line there is little hope of scoring or winning the game. Too often, the forwards get the ball down to the twenty-five yard line and fail at the last moment to control the ball or outwit the opponents. Too many times the passing and dodging is orthodox and advertises ahead of time just what one is going to do next. Seldom do we see a player cloak her intentions or change her mind at the last moment to throw her opponent off balance.

Miss Marjorie Pollard, for many years a player on the all English Hockey Team, has some excellent suggestions for improving the forward's attack.

First, to make an effective attack the forwards must occasionally look around to size up the situation even when they are in possession of the ball. Since there are five

forwards and five defense players, at least one defense player must be successfully dodged, evaded, or outwitted if a goal is to be achieved.

Secondly, players should be urged to use evasive action such as swinging rapidly to the left or right, and then back again. This gets defense players moving, at any rate, and often opens spaces through which accurate passes can be made to an inner or wing. A change of step at the moment of the tackle or a change of pace just before being tackled will upset the timing of the tackle and allow the forward to continue her progress toward the goal. The reverse flick stroke, by which a forward, when veering to the left (and so drawing the defense player with her) can pass, without advertisement, to the right. The half-scoop, half push stroke, which puts the ball in front of another forward so that it hits and rolls on gently is easy to meet and control. This is the perfect pass from the left inner to left wing, or left half to left wing. The ball can be made to spin in such a way that, as it hits, it straightens out instead of going over the side line.

In general then, we see that Miss Pollard suggests ball control, speed of thought as well as action, and the ability to outwit at least one opponent as the main essentials for an effective forward line.¹⁰

¹⁰ Marjorie Pollard, "I Saw the Americans," The Eagle, IX (September, 1948), 30.

Miss Mary Russell Vick of England, another outstanding player on the All English forward line, suggests that it is good strategy to keep the ball swinging from side to side so that the defense must turn all the time, which is likely to upset their covering and when this is done close to the goal, may unsight (or block view of goalie) the goalkeeper or catch her on the wrong foot. "The most important thing in forward play is that a forward should carry on the attack herself until and no longer than the time when another forward is in a better position than she is to continue the attack."¹¹

The center forward and inners are usually the spearhead of the attack as they are in the best positions to shoot for a goal. Therefore, the wings should center the ball not later than the twenty-five yard line to enable one of the three forwards to pick up the pass on the edge of the circle and shoot. It is important that these three forwards rush the goalkeeper and try for a follow up shot in case the goal is not made on the first attempt. The wings and the center half form an outer defense to prevent any cleared shots from reaching the opposing forwards.

¹¹ Mary Russell Vick, "Goal Getting," Womens Hockey Field edited by Marjorie Pollard, p. 232.

Occasionally the wing finds herself with the ball close to the end line. When this happens, it is best for the inner, on that side of the field, to drop back to the edge of the circle to draw the marking fullback out of play, so that the wing can center the ball about four yards in front of the mouth of the goal. No time can be lost by the other inner and center forward in rushing forward to attempt to score from this pass. When the defense is not marking closely, the wing can pass back to the inner on the edge of the circle, who can shoot immediately. It is unwise for the wing to shoot for goal when she is so close to the end line, as the angle is too small and the ball could be passed to another forward who is in a better position for scoring.

When the forwards are so close to the goal they must be particularly conscious of the offside rule at this time. It is in this position that the forwards must rush in quickly and immediately out again as the ball is cleared away from the goal to prevent being offside. Much quick moving is needed by forwards and wings who have taken a corner hit to get back on side.

The goalkeeper has to be outwitted in order to make that point. Her weaknesses should be discovered and used to advantage. The shots must be varied in speed, direction and some should be flicks, pushes or drives. Balls that are in the air are harder to block, and by using the push the

direction of the shot is not disclosed until the last minute. "It is the quickness of the delivery of the shot that usually defeats a goalkeeper."¹² This is accomplished faster if the forwards will move their feet in relation to the ball rather than the ball according to their feet.

Finally to sum up, when in the attacking circle.¹³

1. Get free.
2. Keep your stick on the ground.
3. Know where the goal posts are without having to look up before shooting.
4. Shoot quickly and rush.
5. Get back on side.

¹² Ibid., p. 233.

¹³ Ibid., p. 233.

CHAPTER III

METHODS OF PRESENTATION

I. INDOOR DRILLS FOR ADVANCED STICKWORK

Many times the weather conditions do not permit classes to play out of doors on the fields, and often it is too cold to have the students standing around while the instructor explains such things as the off side rule, covering of the defense players, how to mark closely and so on. Many of these points can be covered in chalk talks and question and answer periods in the class room or in the gymnasium. However, one should be careful not to present too much theoretical information at once. Actual demonstrations of these points on off side, free hits, roll-ins, corners and positioning can often be given where there is not room for the whole class to practice.

When there is space available indoors, the students can practice such things as ball control, goalkeeping, push passes, scoops, flicks and so on. The following suggestions¹⁴ may help in planning a more adequate program for the students and help to keep the interest high.

¹⁴ R. F. Blaxland, Further Suggestions for Hockey Coaches, p. 25.

Follow the leader. The players line up, spaced out as well as circumstances permit, each with a stick and tennis ball. The leader should be someone who can lead a fairly difficult course and have control of the ball. Any girl whose ball goes astray drops out. Players should not impede the progress of the others. The leader can increase her speed and the difficulty of the course as her followers diminish.

In and out chairs. Place the chairs in a circle and have each player standing by a chair (as many circles as possible). Players dribble the ball in and out of the chairs, at the command "change" they turn and go the opposite direction. At the whistle they dribble twice around the next chair, pick up the ball and sit down. This could be used as musical chairs, by removing one of the chairs each time. The player not getting a chair drops out to the sideline.

Figure Eight Relay. Divide the students into groups of about five or six players. Place two chairs, one behind the other about ten feet apart, opposite each group of players. The players in turn dribble the ball in and out of the chairs both going and coming. Have the chairs well spaced.

Relay. Divide the team in half, have the group line up at opposite ends of the room. Place two chairs in the center of the floor, ten feet apart. Number one dribbles the ball up to the first chair, sends it through the legs of the chair, picks it up again and dribbles to the right of the second chair and passes the ball to No. two who does the same thing. The relay is over when all the players in a team have had a turn.

Quick starting and turning. Team "A" lines up across the gymnasium at one end, with the whole length of the room ahead of it. Team "B" lines up about two yards in front of the "A's" so that each girl has an opponent immediately behind her. At the whistle each member of team "A" tries to catch her opponent before she can touch the opposite end of the room. The whistle is blown again before anybody achieves this, and the "B" team then turns and tries to catch the "A". Players stand still when caught and take care not to get in the way of the other players.

Push passing and fielding. Players are divided into teams of five or six. They line up one behind the other with a chair sideways about three or four yards from each leader. Number one stands on the far side of the chair. On the signal, number two tries to push the ball through the legs of the chair to number one who fields it with her stick

and dribbles it back to number three and then runs to the back of the line. Number two has taken her place behind the chair to receive the ball from number three. This continues until everyone has had a turn. If a player is unsuccessful and the ball goes wide of the chair the player fielding sends it back to her and she tries again. When making the scoring stroke, the stick should be held as for dribbling and the ball should be in front and not to the side of the player. The stick face should be square and vertical and both push and follow through directed towards the object.

Goalkeeping practice. Two teams, one team starting as goalkeepers and the other as forwards. Mark off a hockey goal at one end of the room. Two lines should be drawn across the room about four yards and six yards respectively from the goal. The attacking team dribble the ball, in turn, towards the goal and shoots for the goal when they are between the two chalk lines. The goalkeepers take up their position in turn. Each, when her turn comes, should hold her stick in her right hand. She should try to get both feet together behind the line of the ball (with heel touching instep) or lunge sideways, getting the weight on to the foot that has made the lunging movement. When each goalkeeper has had her turn the teams change. Finally, the team which has scored the most times wins.

Individual footwork practice. Stand a yard or two in front of a wall and kick a tennis ball (not too hard) against the wall, fielding it with the feet on the rebound. This is excellent practice for good footwork and agility in moving sideways. (Use tennis balls for practice.)

Roll-ins. In groups of three or four, positions of players are right halfback, right fullback, right wing, right inner. Practice plays that will be used in a game situation. Practice as if they played on the left side of field also.

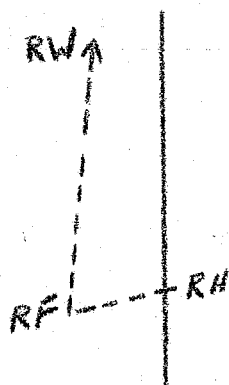


FIGURE 13

Halfback rolls ball into the fullback who in turn drives hard to the wing who is waiting several yards down the field (floor).

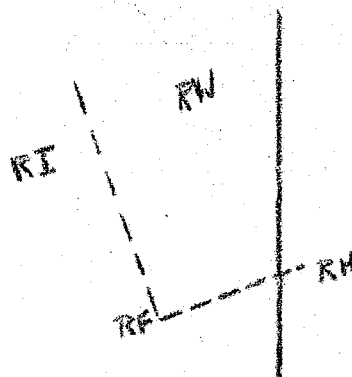


FIGURE 14

Halfback rolls ball into fullback, who drives hard to the inner.

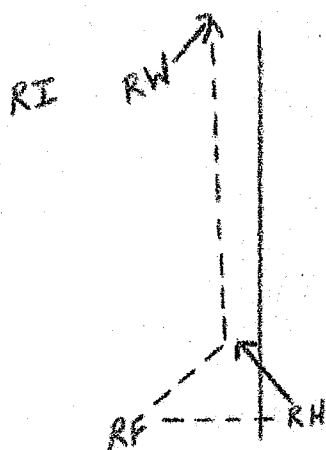


FIGURE 15

Halfback rolls ball into full-back who passes the ball back to the halfback and the halfback, who has returned to the playing field, drives hard to wing.

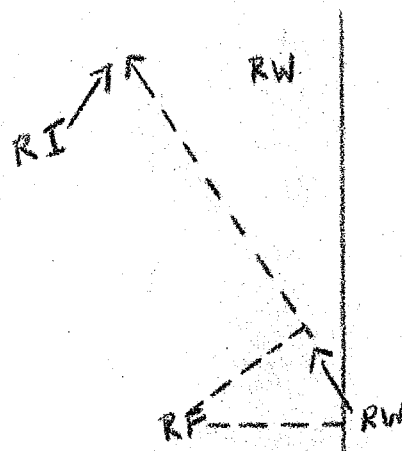


FIGURE 16

Same as above, except halfback drives hard to her own inner.

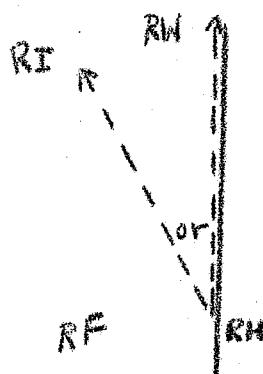


FIGURE 17

Halfback rolls ball directly to her wing or inner. When rolling the ball to the wing, best position for ball is within inches of the sideline.

Bullies. In groups of four players. The two taking the bully are the center forwards, the other two are center halfbacks. Rotate positions so that each player has a turn to practice the bully.

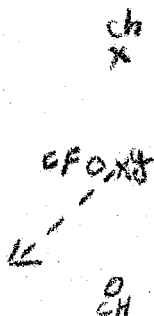


FIGURE 18

Ball is sent diagonally forward to right inner.

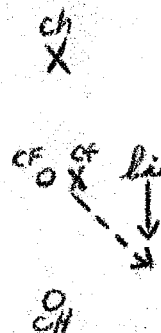


FIGURE 19

Ball is sent to left inner. Both feet should be moved backward to prevent obstruction of opponent.

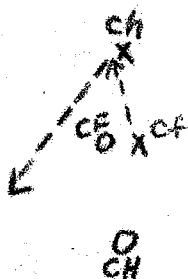


FIGURE 20

Ball is pulled back with toe of stick to own center half-back who drives immediately to her right or left inner.

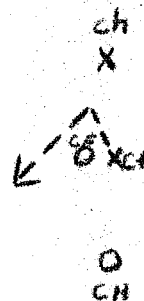
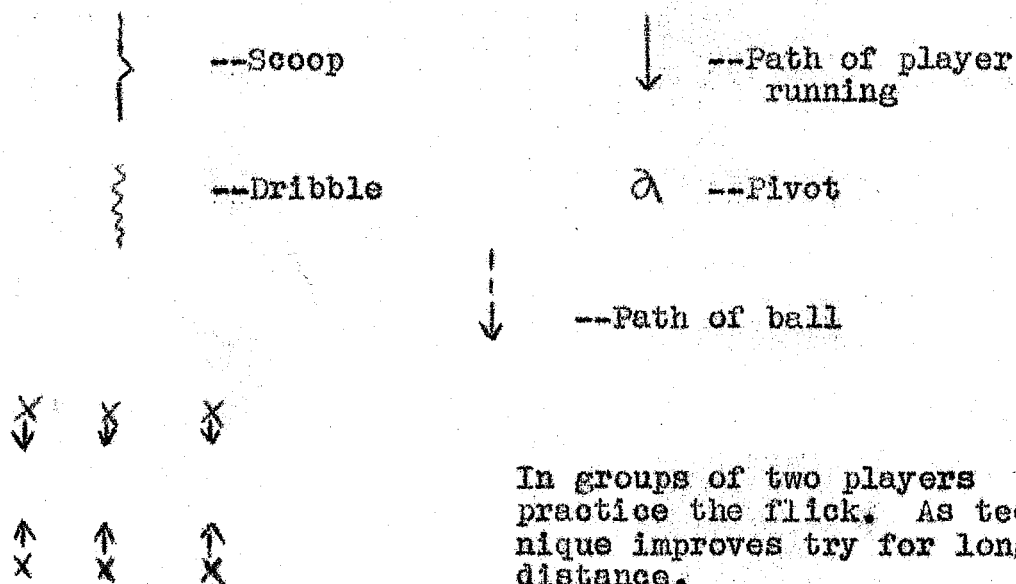


FIGURE 21

Ball is pulled back with toe of stick and a drive made by center forward to her right inner.

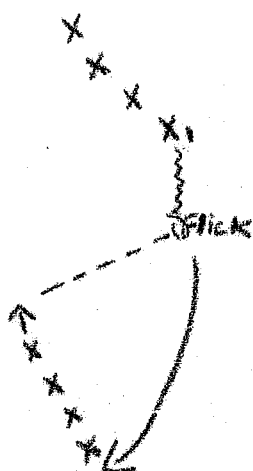
II. OUTDOOR DRILLS FOR ADVANCED STICKWORK



In groups of two players practice the flick. As technique improves try for longer distance.

FIGURE 22

FLICK



Dribble forward. Flick to the right--run to end of opposite line.

FIGURE 23

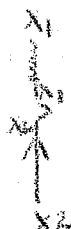
DRIBBLE AND FLICK

4 X
3 X
2 X
1 X

Two groups each facing the other about ten yards apart. Four players in each group. Number 1 scoops ball over a width of five feet, and immediately pushes or flicks it to the number 5 at the front of the opposite line. Number 5 controls ball, and in return scoops, pushes, or flicks the ball over the remaining space, each player going behind her own line after her turn.

FIGURE 24

SCOOP--PUSH PASS

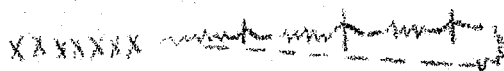


Dribble towards partner at game speed, scoop over her stick and then carry ball on.

This can also be practiced with left hand lunge. When partner fails to get ball as a result of the scoop, she immediately turns (right) and executes a left hand lunge.

FIGURE 25

SCOOP



Place three baseball bats ten yards apart and parallel to the each other.

Players dribble to first bat, scoop over it, dribble on and scoop over the next bat etc. Players should keep the ball from touching the bats or rising too high.

After scooping over third bat, dribble clockwise in a circle and drive the ball back to next person in line.

FIGURE 26

SCOOP



Dribble clockwise in small circle and pass the ball to the right off the right foot. Ball is slightly behind the right foot when pass is made. Keep left elbow out away from body while making the pass.

FIGURE 27

PASS TO RIGHT

Receiving from right and passing to right. One needs to practice the correct turn of the body. The feet continue moving forward whereas the body from the hips up turns to the right, so that the ball can be played towards or away from the vicinity of the feet as they move.

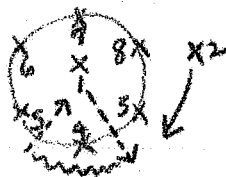


FIGURE 28

Players number off in 8's and form circle. Number 1 in center of circle, she has ball. Number 2 steps outside the circle and begins to run clockwise. Number 1 passes her the ball through the space between the next two players. Number 2 receives the ball still on the run, and returns it to Number 1 behind the next person in the circle. Number 1 hits, flicks or passes it back to her, and so on around the circle, back to original place. Now it is Number 3's turn, and Number 2 takes Number 1's place in the center of the circle; and so on until all have had a turn both inside and outside the circle. This may also become a good relay if all the circles start together.

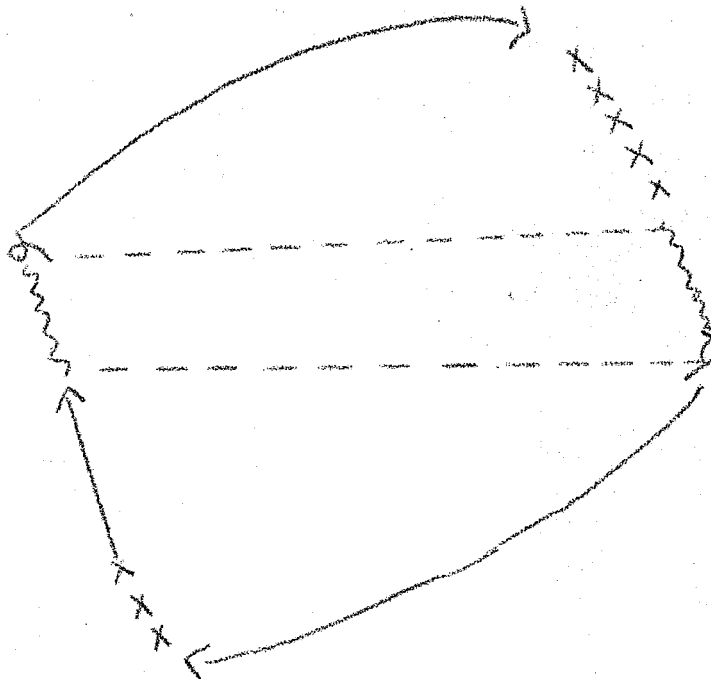


FIGURE 29

DRIbble AND DRIVE RIGHT OFF LEFT FOOT

X6
X7
X6
X5
X4
X3
X2
X1
X4

Two groups about 15 yards apart.
Number 1 dribbles forward
Number 5 runs forward to tackle and Number 1 dodges to right, recovers ball by moving to left around opponent. She then drives ball to Number 6 and goes to end of that line. Number 6 dribbles forward and dodges to right as Number 2 comes in to tackle, recovers the ball and drives ball to Number 3 etc.

FIGURE 30

DODGE TO RIGHT

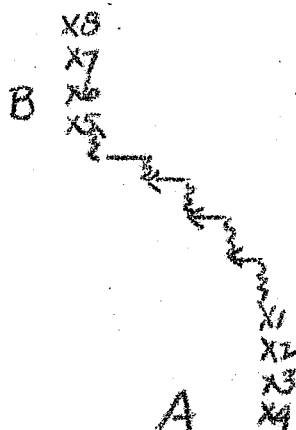


FIGURE 31

DODGE TO LEFT



FIGURE 32

DODGE TO LEFT AGAINST OPPOSITION

Two groups about fifteen yards apart.

Group B lines up one behind the other about ten yards to left of Group A.

Number 1 dribbles forward a few feet, executes a pull to left, dribbles forward again and pulls ball to left; Repeats until she gets near opposite group and then passes the ball to Number 5.

Number 5 repeats the dribble and pulls to left, moving in opposite direction.

Each girl goes to end of line after taking her turn.

Be sure to move feet as play is executed so as not to cause obstruction.

Two groups about fifteen yards apart.

Number 1 dribbles forward.

Number 5 runs forward to tackle and just before she gets the ball Number 1 dodges to left and drives immediately to

Number 6 (Number 1 and Number 5 go to end of opposite lines)

Number 6 dribbles forward and dodges to left as Number 2 comes in to tackle etc.

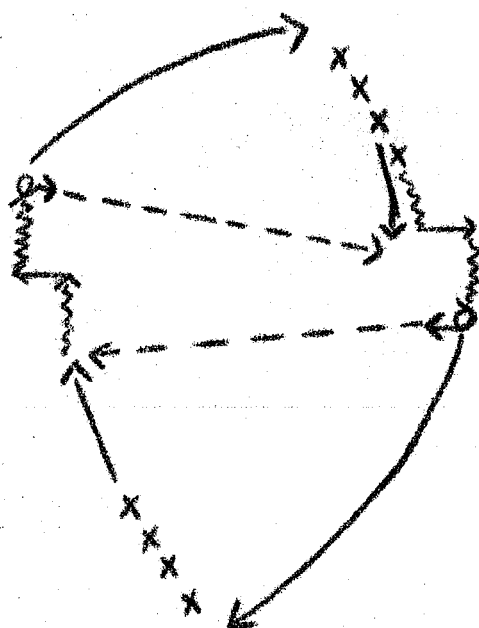
3
X X

X

Number 1 drives to Number 2 and then runs fast to tackle her. Number 2 dodges (scoop, pull to left, dodge right) and then drives to Number 3 and runs forward immediately to tackle Number 3. Number 3 drives and runs in to tackle etc.

FIGURE 33

DRIVE-DODGE-TACKLE



Dribble forward.
Dodge to left (pull to left).
Dribble forward.
Pivot and pass to right off left foot.
Go to end of opposite line.

FIGURE 34

DODGE LEFT AND DRIVE RIGHT

CHAPTER IV

SUMMARY

Hockey has developed from a crude form of stick game to the highly skilled game of today involving continuous activity with skilled techniques and team play. As field hockey has changed, requiring more skill of the individual players and the team as a whole, there has been a greater demand for improved methods of executing the techniques and a great need for teaching aids to stimulate interest as well as to improve the quality of play. Most of the instruction in field hockey in the United States is given in the schools and teachers of physical education have felt the need for more and improved printed matter on field hockey. Films and bulletin board materials are hard to find and those that are available are not too satisfactory at the present time. This study has been an attempt to meet some of the needs in these areas.

Hockey has developed rapidly in the United States but greater strides could be made if more information on skills and team tactics were available for reference. The film reference libraries are seriously lacking in good moving picture films on all phases of field hockey, particularly in areas of advanced techniques and team tactics. Film strips, kodachrome slides and charts is also an area which could be

extended and expanded. Since few girls have played hockey or had an opportunity to see field hockey played before their high school or even college careers, we are losing an opportunity to stimulate interest for the game in a great number of would-be good players. It is extremely valuable for these students to see movies and slides on the techniques of the game and then see these skills actually put into use in the game situation. This not only stimulates their interest and enthusiasm for the game but gives them a visual picture of how a good team works together.

It has been one of the purposes of this paper to present the views, ideas, and methods of hockey techniques and team play of Constance Applebee and some of the other outstanding players and coaches in the United States and England. Movies and kodachrome slides of the more advanced skills and techniques of field hockey are listed in the appendix.

Since hockey is a team game, it therefore necessitates close cooperation of all players of a team. It has been stated previously that a good player needs more than good stick work. She continually needs to anticipate the attack and defense of the opponents and at the same time position herself to break up these plays. She needs to enter the game analyzing the strengths and weaknesses of the opponent's game. By a system of marking, covering, and

interchange of positions, and using each member of the team to the extent of her capacity or ability to set up and execute advantageous plays, hockey can become a thrilling game to play and watch.

Methods of presenting advanced techniques through drills has been emphasized, with suggestions for practice indoors and outdoors. When the weather does not permit practice on the fields practice need not be interrupted. Most of the indoor drills require very little floor space and therefore can be practiced in a limited gymnasium area. Many minor but important points may be cleared up during such practice periods. Team plays can be worked out indoors more easily, at times, than outdoors, where the class is spread out over a large area.

Recommendations. This study has revealed that very little current material is available in field hockey, particularly on the advanced level. The United States Field Hockey Association is attempting to make available movies on attack and defense techniques, stick techniques for beginners and advanced players. However, much of this is in the experimental stage and the field is open for further experimentation and investigation. As movies, slides, charts and bulletin board materials for teaching aids become more accessible, the demand will also increase, with resulting improvement in the teaching and playing of field hockey.

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APPENDIX

FILM GUIDE

Tactics in Offensive and Defensive Play (400') 16mm. silent
color rent \$3.50 U.S.F.H.A.

Presents first a diagram then the actual play. In defensive diagrams a defense is left behind with free forwards breaking loose with the ball. Offensive plays show the forwards drawing the defense to make openings around and in the striking circle. Triangle passes are included.

1941 National Tournaments and Techniques (450') 16mm. silent
color rent \$3.50 U.S.F.H.A.

Action scenes from the 1941 national tournament. Various techniques employed in the playing of good field hockey are demonstrated.

Field Hockey (10 min.) color

Miss Lucille Verhulst, produced this instructional film on field hockey. Animated diagrams of plays and slow-motion studies of play are used.

No. 1 U.S.F.H.A. Tactics in Defensive and Offensive Play
(Adv.) (400') completed 1946 16mm. silent, color

No. 2 Elementary Techniques (450') 16mm. silent, color
completed 1949

Equipment, the grip, the swing, the drive, stopping the ball, the dribble, passing the ball, the straight tackle.

No. 3 Elementary Techniques Part II (450') completed 1949

Equipment, the circular tackle, the left hand lunge, the push pass, the scoop, the dodges.

These films are accompanied by outline of material presented.

1941 Scenes from National Tournament at Wellesley, Mass.
8mm. color

Advanced Hockey Techniques (50') 16mm. black and white by
Harriet Sheldon, completed 1950. College of Pacific,
Stockton, California.

KODACHROME SLIDE FILMS

Advanced Hockey Techniques -- Harriet Sheldon
College of Pacific, Stockton

ACTION PHOTOGRAPHS

Produced by Marion E. Dougherty printed 1947

Strokes--\$.25

Tackles and Dodges--\$.25

Fouls--\$.10

Coaching Hints--\$.10

PUBLICATIONS

The Eagle--Official publication of the U.S.F.H.A.
Contains technical articles, news, announcements,
Edited by Barbara Strebeigh, Anne Reilly
236 E. Ellet Street
Philadelphia 19, Penn.

1948-50 Official Field Hockey-Lacross Guide--
With Official Rules and Field Hockey-Lacross
Standards

Women's Hockey Field

The Official paper of the A.E.W.H.A.
Published fortnightly, October to April
Pollard Publication Ltd., Huntingdon, England

CHARTS

Rules Chart--for bulletin boards--Edited by Margaret
H. Meyer

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1949 Additional copies \$.25